

Green Goodness Smoothie

Ingredient

1 cup (250 mL)	almond milk or water
$\frac{3}{4}$ cup (180 mL)	frozen pineapple
$\frac{1}{2}$	banana
1-2	kale leaves, stem removed, torn into pieces (about 1 cup/250 mL)
2 tbsp (30 mL)	hemp hearts
1-2 tsp (5-10 mL)	fresh or dried ginger
$\frac{1}{2}$ tsp (2.5 mL)	turmeric
1 scoop	plant-based protein powder (optional)
pinch	black pepper
	ice or water

Instructions

1. Add all ingredients to high-powered blender and blitz until smooth.

Notes

- If you want this a little sweeter, add 1-2 pitted dates or 2-3 tsp (10-15 mL) maple syrup.
- If the consistency is too thick, add a bit of water. For a thicker smoothie, throw in a couple ice cubes.